



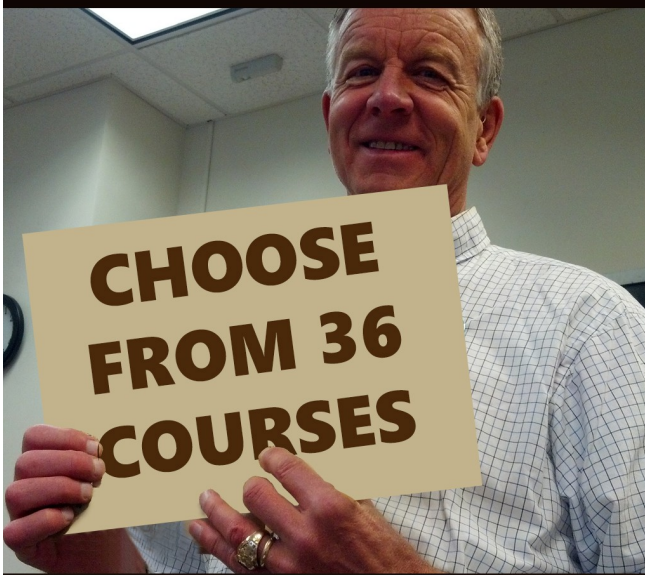
LIFETIME  
LEARNING  
INSTITUTE  
SUNY  
NEW PALTZ

Register by  
**Aug. 19**  
Classes fill  
early.

*Learning for the Fun of it*

# Fall 2018 Courses

At SUNY New Paltz and other locations • Noncredit and Noncompetitive Courses  
Sponsored by the Office of Extended Learning • Elderhostel/Road Scholar affiliate  
LLI is a volunteer, member-run organization



**QUESTIONS? CALL 845.257.2892**

### **Welcome Lifetime Learners,**

Our organization strives to engage people who enjoy continuing to learn. I have good reason to believe that we have been quite successful in this mission. I encourage you to look carefully and soon (as some of them have limited enrollment) through this catalog of courses to be offered this fall. Make your selections and send in the form!

The following is a sample of some of the intellectual tidbits I've learned in six years of teaching and attending LLI classes:

In the recent "Four Faiths" class:

There are not Ten Commandments in Judaism, but six hundred and thirteen! The most important error in Christian dogma, according to Moslems, is that Christians have split the one true indivisible God into three, with the belief in the Trinity.

That, given the way the Electoral College is constituted, our president could be elected with no more than 18% of the popular vote!

Did you realize that infinity comes in infinite variety? There is not just one size "infinite," but also a veritable infinite tower of ascending infinities, each of a grander order than the next lower infinity.

That liberals and conservatives are likely to consistently pronounce Iraq and Iran differently. That a language which had no native speakers now has been reborn through the efforts of a native American woman and is now being taught to children in schools. (Linguistics)

Until about the age of, and I'm guessing here, thirty, we busy ourselves learning all about the world. After that, we get on to the more important business of questioning all that we have assimilated, and resigning much of it to our mental trash file. Now I have to get on with the important job of unlearning much of what was so enjoyable to be made aware of, courtesy of LLI. May the courses you enjoy this semester be exhilarating, and your questioning profound!

All my best,

Boyd Herforth  
President of LLI SUNY New Paltz 2018 - 2019

## **LLI MISSION STATEMENT**

**The Lifetime Learning Institute of New Paltz  
promotes diverse and enriching learning experiences  
for older adults, provides opportunities for social  
interaction, and encourages individuals to  
use their knowledge and skills  
in creative ways.**

**(Adopted 3/7/2008)**

## **MEMBERSHIP AND FEES**

You must be a member to register for classes. Annual membership is \$115 per person. The 2017–2018 membership year runs from July 1 through June 30. Membership fee is non-refundable.

## **REGISTRATION**

This catalog presents classes covering the coming Fall semester. Courses are open to current 2018–2019 LLI members. Non-members may join and register for courses by returning the enclosed form. For courses with size limits, members may be limited to enrolling in one or two classes.

**REGISTRATIONS WILL BE CONSIDERED ON A SPACE AVAILABLE BASIS IN THE ORDER RECEIVED, WITH THE EXCEPTION OF LOTTERY (Ⓛ) CLASSES** (See below). Registration confirmation letters will be mailed after August 19. Wednesday classes begin September 12. Friday classes begin September 14.

**AUGUST 19 IS SUGGESTED DEADLINE FOR REGISTRATION.**

## **THE LOTTERY SYSTEM**

**Some classes have a limited size number established by the presenters. It has been decided to implement a lottery system for these classes.**

**Lottery classes (limited to 10 participants or less) are indicated in the registration form by an Ⓛ and in the catalog with the word *LOTTERY*.**

**The Lottery process will begin on the day after the close of registration and will apply only to classes with limited seats.**

**The names of all the members who have indicated their interest in the Lottery class will be placed in a hat. Names will be randomly drawn until the class is filled. A waiting list will be created from the remaining names.**

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## WEDNESDAY 8-WEEK COURSES (W-8)

Sep. 12, 26, Oct. 3, 10, 17, 24, 31, Nov. 7 (no class on Sep. 19)



### BEGINNER'S MAH JONGG

Linda Pachter

Woodland Pond 2:00-3:15

Class limit 8 **Lottery**

For those with little or no experience with American Mah Jongg. Please bring with you the 2018 Mah Jongg card and be prepared to learn and have fun. The 2018 Mah Jongg card is available for purchase on line through the National Mah Jongg League or Amazon. The large print card is suggested.

Linda Pachter learned to play Mah Jongg in the early 1970's and now plays 3-4 times weekly. She also teaches a beginner's group at the Stone Ridge Library



### CURRENT EVENTS

Bill Goldman

SUNY Campus, 11:00-12:15

Class Limit 15

The course is a discussion group of current events focusing on the most significant international and national news. Each week before class, the leader/facilitator will email a few key articles or editorials to the participants for their reading and class discussion. The facilitator will manage the discussion to maximize participation and the coverage of the issues while maintaining basic decorum. Participants should come prepared

to discuss the issues presented in the provided articles and by reading leading newspapers, journals and other media sources. It is essential to have a functioning email address and access to the internet.

Bill Goldman has had a long term interest in current events, especially in international affairs. He worked and lived as a Peace Corps Volunteer and a USAID foreign service officer in 7 countries over 30 years managing assistance for reproductive health, child survival, HIV/AIDS and related public health programs.



### GETTING THE MOST FROM YOUR DNA TEST RESULTS

Marny Janson

SUNY Campus, 12:30-1:45

Class limit 15

If you have taken a DNA test to learn more about your family history, this class will help you do that whether your results are new or you have been exploring them for a while and want to learn what more they can do. We will explore types of DNA, learning the most from your matches, understanding how to use the tools provided with your results, and contacting new relatives. Students must have test results in hand from either Ancestry DNA, Family Tree DNA, 23andMe or My Heritage.

Marny Janson has had formal training in DNA and has used her test results to add to her family's stories. She loves to help other people find theirs!



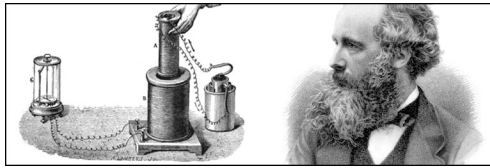
### HEAVENLY SACRED MUSIC

Boyd Herforth

SUNY Campus, 12:30-1:45

From Palestrina to Tavener, participants in this course will enjoy the sacred music of Mozart, Brahms, Duruflé, Mendelssohn and other composers of the greatest sacred music in the western tradition. Although the lives of the composers will be included, listening and discussing their contributions to the field of sacred music will be the central emphasis in this course.

Boyd Herforth has served as organist/choir director in various churches for the last 40 years and has had an ongoing passion for sacred music stretching back to his junior high school days.



### SHOCKING EVENTS - A HISTORY OF ELECTRICITY AND MAGNETISM

Bill Tuel

SUNY Campus, 2:00-3:15

This course will trace the discovery and use of electromagnetism from the Greek experiments with the attractive power of amber and lodestone, through Ben Franklin's life-threatening tinkering with flying kites during a thunderstorm, to our modern understanding of electricity and magnetism being closely related phenomena. It will also look at invention and technology, particularly electrical power systems, radio communication, and microelectronics.

Bill Tuel received advanced degrees in Electrical Engineering from RPI. He has previously taught LLI courses on the history of science and is glad to finally teach a subject in which he has formal training.



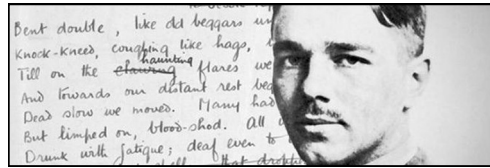
### THE HEBREW PROPHETS

Rena Blumenthal

SUNY Campus, 9:30-10:45

This class will involve a close reading of the Hebrew prophets with a focus on both historical context and contemporary meaning. No knowledge of Hebrew or prior familiarity with Biblical literature is assumed.

Rena Blumenthal is a freelance rabbi based in New Paltz.



### VOICES OF PROTEST IN POETRY AND SONG

Rena Bonné

SUNY Campus, 11:00-12:15

In our current political climate, the term "protest" has taken on a particularly charged meaning, yet political and social protest is pervasive through English literature and song. Beginning with the anti-war poems of the early 20th century, we will move onto songs and poetry of the civil rights and peace movements of the 1960's and beyond. Readings to include Sassoon, Wilfred Owen, Claude McKay, Langston Hughes, Maya Angelou, Pete Seeger, Dylan,

Phil Ochs, Joan Baez and Joni Mitchell. Through class discussion and analysis we will consider the political circumstances surrounding each song, its structure and finally, its impact on history.

Rena Bonne's teaching experience ranges from secondary through college level classes. A so-called child of the sixties, she was active in the peace and civil rights movements, largely through non-violent acts of protest. With a doctorate in Comparative Literature she has a 20+ year career as an educator and was an adjunct faculty member of the New School for Social Research in NYC and CUNY



**WILLIAM'S WOMEN**

Lou Trapani  
SUNY Campus, 11:00-12:15

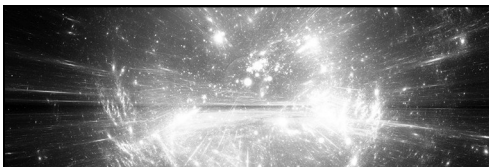
Amanda and Laura, Stella and Blanche, and Alma - the magnificent women of Tennessee Williams' *The Glass Menagerie*, *A Streetcar Named*

*Desire* and *Summer and Smoke*. The presenter will read aloud from plays and provide a detailed background on each as well as the life and times of the author. Participants will be invited to discuss and relate the characters to their own lives.

Lou Trapani is the artistic and managing director of THE CENTER for Performing Arts at Rhinebeck and is also a member of the board, positions he has held for close to two decades. He is a director, actor, playwright and producer with approximately 400 productions to his credit. He began his professional career nearly 50 years ago at the Roundabout Theatre in NYC and has worked at a variety of off-Broadway, regional and university venues. He has been a presenter in the LLI program at Bard College for 13 years.

**Use your LLI membership card for SUNY New Paltz discount at Fine and Performing Arts Events.**

**WEDNESDAY EARLY 4-WEEK COURSES (W-4-E)  
Sep. 12, 26, Oct. 3, 10 (No class on Sep. 19)**



**A BETTER ORIGIN STORY**

Shaun Johnston  
SUNY Campus, 12:30-1:45

Don't like any of the origin stories you grew up with, or those you've come across since? Then let's come up with something better. In this course, we will look at the stories

available to us and work out what we would prefer. Week one - taking stock - the Big Bang or the stork? Week two - religion. Week three - science. Week four - putting it all together. Be prepared for challenges to what you believe.

In the course of writing four books on evolution, Shaun has become very skeptical about everything we have been told about where we came from.



### **FIND YOUR VOICE IN POETRY**

Richard Parisio

SUNY Campus, 9:30-10:45

For all levels of writing experience. Try your hand at writing poems in a variety of modes and forms. You will read and listen to a selection of great poems -"mentor texts"- which will provide inspiring examples for your own writing. Learn to use poetry writing as a tool for self exploration and discovery.

Richard Parisio has been writing and teaching about poetry for over forty years. His collection, *The Owl Invites Your Silence*, won the 2014 Slapering Hol Press Poetry Chapbook Award.



### **FOUR LEGENDS OF SOUL - PART 1**

Richard Sullivan

SUNY Campus, 11:00-12:15

This will be a four class course describing the lives and music of four soul music Giants. The music will include two female and two male music artists.

Richard Sullivan has presented several courses over the years at LLI on various genres of RNB and Rock.



### **NATIVE AMERICAN HISTORY - AN INTRODUCTION**

Sally Bermanzohn, Dr. Airy Dixon, Evan Pritchard, Rev. Nick Miles  
SUNY Campus, 11:00-12:15

Four lectures followed by discussion:  
Week 1 - Sally Bermanzohn - an overview of Native American history including the role of women in Eastern Woodland societies.

Week 2 - Airy Dixon (Tutelo/Muskoke), -Indian Slavery.

Week 3 - Evan Pritchard (Mi'kmaq and Celtic) -Algonquin inhabitants of the Hudson Valley.

Week 4 - Rev. Nick Miles - Columbus

Sally Bermanzohn is Professor Emeritus from Brooklyn College CUNY, and taught political science including Native American Studies. She is the author of *Through Survivors Eyes, Violence and Politics* and *Indian Annie: A Grandmother's Story*.

Dr. Airy Dixon (Tutelo/Muskoke) formerly taught Native American History at SUNY New Paltz.

Evan Pritchard (Mi'kmaq and Celtic) is the author of *Native New Yorkers* and *No Word for Time*.

Rev. Nick Miles (Pamunkey/Powhatan) is the Lead Singer and Drum Keeper of the Cloudbreaker Society, Association of Native Americans of the Mid-Hudson Valley.

**Do you have a skill, hobby, or interest you would like to share? Contact the Curriculum Committee for further information.**





**WHO ARE THESE GUYS - THE JUSTICES OF THE SUPREME COURT**

Don Roper  
SUNY Campus, 9:30-10:45

Among the themes to be considered are: "The Great Chief Justice at the

Bar of History" or how posterity has viewed John Marshall; "Let a Woman in the House" (theme from My Fair Lady) or the feminization of the Court; Holmes and Brandeis dissenting; and "The Roosevelt Court".

Don Roper has spent many years teaching constitutional history and has written a dissertation on a Supreme Court Justice.

**WEDNESDAY LATE 4-WEEK COURSES (W-4-L)**  
Oct. 17, 24, 31, Nov. 7



**A BEGINNER'S GUIDE TO JEWISH CUSTOMS AND PRACTICES PART ONE**

Alan Rothman  
SUNY Campus, 11:00-12:15

Beginner's guide to Jewish customs, practices and Hebrew phrases is primarily for anyone whose knowledge is limited and wishes to learn more. It will include a brief history of Jews and Judaism, Kosher dietary laws, the Jewish lunar/solar calendar and holidays, Jewish family and home rituals on the Sabbath, holidays and year round.

Alan Rothman is an educator for over four decades who has taught and lectured in public schools, synagogues and summer camps to students from kindergarten age through adult seniors.



**BEYOND RIDING - THE HORSE HUMAN CONNECTION**

Cori Nichols  
SUNY Campus, 11:00-12:15

This four week course will explore the opportunities for learning with and from horses: self awareness, communication and social skills, leadership traits, mindfulness, teamwork and more. Discussions and presentations will lend insight to the evolution of equine assisted learning, psychotherapy and team building and their many applications. One class session will meet at Hudson Valley Horseplay's home base in Kerhonkson for an interactive demonstration.

Cori Nichols is a lifelong horse-woman who combines her 40+ years experience with her passion and training as an equine experiential learning facilitator. She owns and operates Hudson Valley Horseplay

**Register early.  
Classes fill quickly!**

at Nichols Field in Kerhonkson NY. Horseplay provides equine assisted learning, coaching and psychotherapy for children, adolescents, adults, families, groups and teams.



### **EXPERIENCING ART: SEEING, LEARNING, DISCUSSING AND RESPONDING**

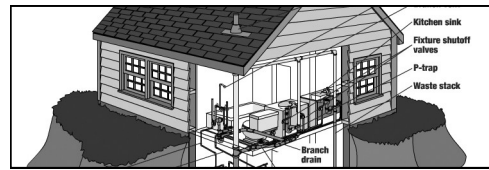
Zachary Bowman

SUNY Campus, 12:30-1:45

Class Limit 12

This course is designed to explore four stages of experiencing art objects: seeing the object for the first time with no prior knowledge; learning about the object, the artist and the context of the exhibition; discussing your personal experience with others; and responding to the object. Over the course of the four days we will utilize games, inquiry based discussions and hands-on art making to explore the Fall 2018 exhibitions at the Samuel Dorsky Museum of Art. The course will culminate in presentations of creative or research-based projects by class participants. Presentations are not mandatory, but most definitely encouraged!

Zachary Bowman is the Manager of Education and Visitor Experience at the Samuel Dorsky Museum of Art. He has been a museum educator for over 10 years, having worked and trained at both The Solomon R Guggenheim Museum and MoMA PS1 in New York City.



### **UNDERSTAND AND MAINTAIN YOUR HOME SYSTEMS AND SAVE MONEY**

Alan Rothman

SUNY Campus, 9:30-10:45

Learn the basics of how your home plumbing, sewer-septic, electrical and heating and cooling systems work with an emphasis on simple and cost-effective scheduled inspection and maintenance that you can do. Spot little problems before they become big ones. Know when to call the professional or do it yourself.

Alan Rothman grew up and worked part time in the building trades; the fourth generation to do so. He is a professional educator and homeowner for 30 years who does much of his own maintenance year round.



### **WEAPONS OF MASS DESTRUCTION**

Lewis Brownstein

SUNY Campus, 12:30-1:45

This course will focus on nuclear, chemical, biological and radiological weapons both historically and in the contemporary state system. The primary emphasis will be on nuclear weapons: their invention, deployment and impact on international relations since 1945. Although chemical and biological weapons have been outlawed, many states have them and both types have been used in modern warfare. If time permits we will examine the numerous

attempts to control these weapons through international treaties.

Lewis Brownstein has had 50 years experience teaching international relations. He has taught courses on nuclear weapons and foreign policy as well as courses on the weapons of mass destruction in general.



### **WORLD HISTORY THROUGH CLOTHING**

Joe Britto and Tom Mounkhall  
SUNY Campus, 2:00-3:15

This course will address the core understanding of World History through a study of clothing styles

from the past 2000 years. Clothing examples will be drawn from Ancient, Medieval and Modern History.

Joe Britto is an Adjunct professor at SUNY Orange. His area of concentration is Latin America, especially Mexico, the Caribbean, and early modern world history.

Tom Mounkhall is a world historian, who has trained world history teachers all over the country. Both presenters have taught many courses for LLI.

**Always walk through life  
as if you have something  
new to learn and you will.  
— Vernon Howard**

## **FRIDAY 8-WEEK COURSES (F-8)** **Sept 14, 28, Oct 5, 12, 19, 26, Nov 2, 9** **(No classes on Sep. 21)**



### **BOOK REPAIR**

Eric Chambers  
St. Joseph's (SJ), 9:05-10:20

Have a beautiful book that is in need of some (or lots of) care? Have a favorite paperback mystery that's one page turn away from falling apart? This class will teach students the basics of conservation-level book repair, including repairing torn pages and book jackets, reattaching loose covers, and retightening loose bindings. In addition, students will learn library and conservation techniques, including creating boxes for especially delicate books and turning pa-

perback books into hard covers. Materials fee approximately \$50 for glue, binders' boards, book cloth and tools. **This is a Repeat Class.**

Eric Chambers has been binding and repairing books for over eight years and has trained at the Center for Book Arts in New York City.



### **INTRODUCTION TO TAP DANCE**

Anita-Jean McMonigle  
NP Community Center, 10:50-12:05

If you always thought that it would be fun to tap dance, here is your chance to learn the basics. Tap is a

great way to keep in shape and discover your inner Fred Astaire. Tap shoes are not necessary, just wear hard sole shoes. Come ready to try something new. We will cover elementary patterns and steps with a little tap history thrown in for good measure.

Anita-Jean McMonigle has owned and operated her dance studios in the Hudson Valley area since 1966. A choreographer for many local theater groups and the TNT Tappers (a Senior Citizen performing tap group), she also serves as a National Vice President of a National Dance Organization.



### THE PHOTO SERIES- REFRAMING YOUR NEIGHBORHOOD

Sasha Louis Bush  
St. Joseph's (SJ), 12:45-2:00  
Class limit 10 **Lottery**

How do photographs change our understanding of a familiar place? What if we abandon our constant search for the new and unexplored? In this course, students will develop a set of cohesive images that tell a story about their neighborhood based on several repeated trips to a single place. Weekly shooting assignments and in class exercises will aid students in sharpening their observational skills as they learn to talk about their photographs. Instructor-led presentations on contemporary artists will provide additional examples and ideas for students to consider as they complete their projects.

Participants can use a camera, smart phone or tablet to take pictures.

Sasha Louis Bush is a Queens based visual artist who works with photographs and video. Bush holds a MFA in Advanced Photographic Studies from ICP-Bard and a BA in Photography from Hampshire College. His work has been shown in several group exhibitions

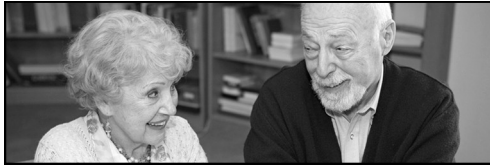


### TYPES OF TOURISM

Fred Mayo  
St. Joseph's (SJ), 9:05-10:20

Recently, the growth of dark tourism - visiting jails, prisons, disaster sites, graves and places of persecution or torture - has sparked attention to the wide range of types of tourism and encouraged individuals to expand their options of where to go and what to visit. This course will explain the types of tourism - cultural and heritage, religious, gastronomy, adventure, recreation, dark, poverty, medical and voluntourism. There will also be a session or two led by Judy Reichler on how to travel lighter, easier and safely. The discussions may help you expand your love of travel and awareness of what to look for as a young-at-heart tourist.

Fred Mayo, Professor of Hospitality and Tourism Management has been teaching at New York University for the past ten years. Judy Reichler, past president of LLI, has traveled widely and often on her own in foreign countries.



**WRITING THE TEN MINUTE PLAY**  
 Nancy Van Laan  
 Woodland Pond (WP), 10:50-12:05

This class is open to anyone who is interested in furthering their creative writing skills. The emphasis will be on writing strong dialogue capable of moving the plot forward to a satisfactory resolution in ten minutes or less. Sometimes writing dialogue can

present a challenge to writers of memoirs or short stories. Although this course is geared to writing for the stage, it might prove to be useful for writers in any genre. We will be doing improvisations to enhance the written word so those wishing to do a bit of acting will have a chance to do so.

Nancy Van Laan taught creative writing at Rutgers where she received her MFA in theater as a playwright in 1979. Two of her full-length comedies won regional awards and were produced in New Jersey in 1984.

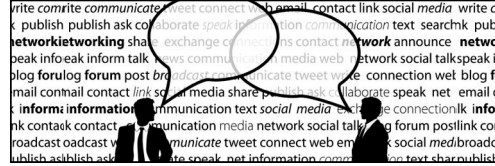
**FRIDAY EARLY 4-WEEK COURSES (F-4-E)**  
**September 14, 28, October 5, 12 (no class on Sep. 21)**



**DRY PASTELS**  
 Andrea McFarland  
 Woodland Pond (WP), 2:30-3:45  
 Class Limit 12

Discover Dry Pastel, a vivid, fun and fast medium with surprising versatility. This course is appropriate for beginners or for experienced artists wanting to try out a new medium. In this hands on class, we will compare the different materials available, cover basic technique and practice drawing both from life and from photo references, with attention to composition, shading, blending and landscape techniques specific to pastel.

Andrea McFarland is a local artist and instructor whose pastel landscapes are shown at Mark Gruber Gallery and numerous other venues.

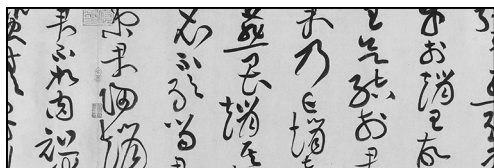


**EXPLORING BETTER COMMUNICATION**  
 Kathy Mazzetti  
 St. Joseph's (SJ), 10:50-12:05  
 Class Limit 18

Would you like to be a better communicator? Do you have difficulty communicating with certain people? Has someone in your life told you that you don't listen- even though you know that you do? Do you know that you could communicate better with loved ones? If you answered yes to even one of these questions, come join us for an interactive class where you will learn to use verbal and non-verbal language to improve your communication skills. No books are necessary, just a willingness to learn a very useful new skill. **This is a Repeat Class.**

Kathy Mazzetti is a certified trainer

of NLP (Neuro-Linguistic Programming), and has taught good communication skills to teachers, therapists, guidance counselors and other professionals at SUNY New Paltz and the Hudson River Teacher Center in Yorktown Heights for 25 years.



### **LORE AND TECHNIQUE OF EAST ASIAN WRITING**

Aaron Cohen

St. Joseph's (SJ), 12:45-2:00

Sino-Japanese "characters" fascinated artist Vincent Van Gogh, poet Ezra Pound and filmmaker Sergei Eisenstein. This course surveys the cultural significance; the physical, visual and implied content of writing; history and creation of characters; differences and similarities of China, Japan and Korea; diversity among overseas Chinese; Calligraphy as an art form, left brain, right brain, colonialism; what if Japan won WW2; the influence of language reform and politics. Safely confront strokes and radicals as part of the course. Each session will include brief practice in writing phonetic symbols and characters. Materials needed: 10 sheets of blank white paper a pen or soft tip (narrow or medium) marker.

Aaron Cohen , a translator and editor, studied Japanese at Seton Hall University and lived in Japan for 38 years working as a journalist, international civil servant, development consultant and economist.

**By nature all people are alike, but by education become different.**



### **THIS IS YOUR LIFE**

Joyce Schiff

Woodland Pond (WP), 10:50-12:05

Did you ever think about writing your life biography ? If you opt for this class, this is the project you will be undertaking. This class is an attendance work-commitment made by you for your family. You will describe your life on paper using only facts and then complete the assignment at home before we meet again. The four weeks will be divided according to stages in your life. Class will start with a discussion that should guide you about what you will write. Remember, no one can do this for you. This is your life that you are writing about. Any memoirs or pictures that you would like to include can be done when you edit your manuscript. You will need a pen, pencil and a loose-leaf with lined paper or a laptop.

Joyce Schiff has a BS in Elementary Education from Brooklyn College, and a MS in Business Education from SUNY New Paltz. She has taught students from elementary to college level as well as Literacy classes for non English speakers. She has held volunteer positions with various service and community organizations.

**Use your LLI membership  
for discount at SUNY  
Fine and Performing  
Arts events**



**WRITE OF PASSAGE**

Kathleen MacKenzie  
St. Joseph's (SJ), 12:45-2:00  
Class limit 12

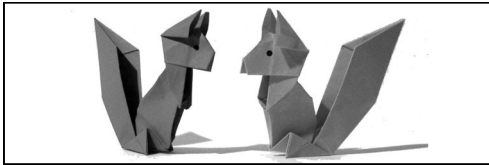
This class will focus on the immigrant family. Our parents, grandparents and ancestors showed tremendous fortitude and courage to move to America. What were their lives like in their birth country and what did they experience leaving their home and families to come to a strange land? We will explore this interesting and timely topic using photographs, collage, drawing and writing to create journals that explore, un-

cover and honor the lives of our immigrant families. We may focus on one or more ancestors using a selected photo or photos to imagine their journey.

Materials needed: journal book, 1-10 photos of your immigrant relative or relatives, pieces of colored patterned or wrapping paper for collage, tombow color ink markers (4-5), glue stick, scissors, writing pen

As a visual artist, Kathleen MacKenzie's family photographs and family's immigrant experience hold a fascination for her. She often references images from these photographs to create artwork. She has exhibited and taught art workshops throughout NYC and the Hudson Valley.

**FRIDAY LATE 4-WEEK COURSES (F-4-L)**  
**Oct. 19, 26, Nov. 2, 9**



**FOLD EVERYTHING! ALL ABOUT ORIGAMI**

Kathryn Paulson  
St. Joseph's (SJ), 2:30-3:45  
Class limit 20

Discover the pleasure of creating something beautiful from a simple folded piece of paper: decorative boxes, elephants, some geometric or interlocking origami, and more. All new models for Fall '18. Learn the basic skills and language of origami, how to follow instructions in books and make items which can be used as cards, gifts and decorations. With origami there's always something new to fold. After this course you will be able to teach others about

"The Peace of Paper". No experience necessary. Materials Fee \$7.

A lifelong maker of creative works, Ms. Paulsen was a public school art teacher in Dutchess County for 38 years, where Folding Friday delighted her classroom students. In 2010 she was awarded New York State Art Teachers Association Middle School Teacher of the Year.



**HOW TO STAY HEALTHY IN AN UNHEALTHY WORLD - PART 2**

Eliot S. Hudes  
St. Joseph's (SJ), 10:50-12:05

This is an informative and relevant presentation which will impact the health and well being of all atten-

dees. It will increase awareness and provide strategies which can be implemented to achieve a better state of health and reduce associated healthcare costs. Topics include: How to handle stress in your life; Is Your lifestyle killing you; how to properly perform daily activities to prevent neck and back pain; common ailments and simple treatments; how to choose your healthcare providers and hospitals, how to achieve better sleep and many other areas of interest.

Dr. Eliot Hudes is an accident and injury consultant for the legal and insurance industries. He holds a BS in Human Anatomy and is a Board Certified specialist in Chiropractic Orthopedics. How to Stay Healthy in an Unhealthy World has been presented at various LLIs in the Hudson Valley as well as numerous professional, civic, employer and community organizations



**MORE LOST INDUSTRIES OF ULSTER COUNTY**

Marilou Abramshe  
Woodland Pond (WP), 12:45-2:30

What do glass, textiles, sloops and cement have in common" At one time Rosendale cement was the building block of NYC; Kingston had a thriving textile industry; Hudson River sloops dominated the Hudson river transportation/ shipping business; and the Ellenville Glass Factory employed over 400 people producing various types of glass. Learn about these Ulster county industries, the

people involved and why these industries declined and became lost to history.

Marilou Abramshe loves to research local history and share it with others. She has presented classes on Ulster County history at LLI for several years.



**PSYCHOANALYTIC THEORY: FROM SHADOW TO ID**

Linda Mockler  
St. Joseph's (SJ), 2:30-3:45

While Freud is acknowledged as the founder of psychoanalytic theory and practice, practitioners sought to expand and elaborate upon his theories and in some cases deviated from them. Three psychoanalysts, Carl Jung, Melanie Klein and Donald Winnicott are among those psychoanalysts. This course will explore, compare and contrast their theories and practices. The last session will be used to present a hypothetical patient, asking the group to make a diagnosis and propose a course of treatment choosing the methods of one of the three.

Linda Mockler has counseled children, families and individuals for over 30 years as an employee at several non-profit mental health programs in NYC. She has taken courses at a psychoanalytic training institute in NYC, had a private practice and is a licensed social worker. She has done extensive research on the work of Melanie Klein.

**Please register early.**



## SPECIAL THURSDAY COURSES (STC)



### BOOK DISCUSSION

Judy Reichler  
Woodland Pond (WP), 11:00-12:00  
**September 13, October 11  
November 8**

The Book Discussion group will read three books that give us an insight into what it might be like to live in a war-torn country, to witness hatred, destruction and inhumane acts, with survival as the primary focus. This course is not for the faint-hearted, as we read novels that expose the ways in which conflicts we only hear about can affect people's lives. Week 1 (9/13) *The Swallows of Kabul* by Yasmina Khadra. Week 4 (10/11) *The Cellist of Sarajevo* by Steven Gallo-way. Week 8 (11/8) *Orhan's Inheritance* by Aline Ohanesian.

Judy Reichler likes to read and discuss books that raise interesting personal or societal issues. Judy will facilitate the discussion so that everyone can have the benefit of hearing different perspectives without judgment.



### DIFFERENT IS GOOD

Elizabeth Anne DiPippo  
Woodland Pond (WP), 9:00-11:45  
Class Limit 25  
**September 13**

Using a short form of the Myers-Briggs personality type indicator, each participant will discover his/her own personality type. We will explore the behavioral characteristics of the different personality types. This can help us gain insights into our own personalities and those of others with whom we interact.

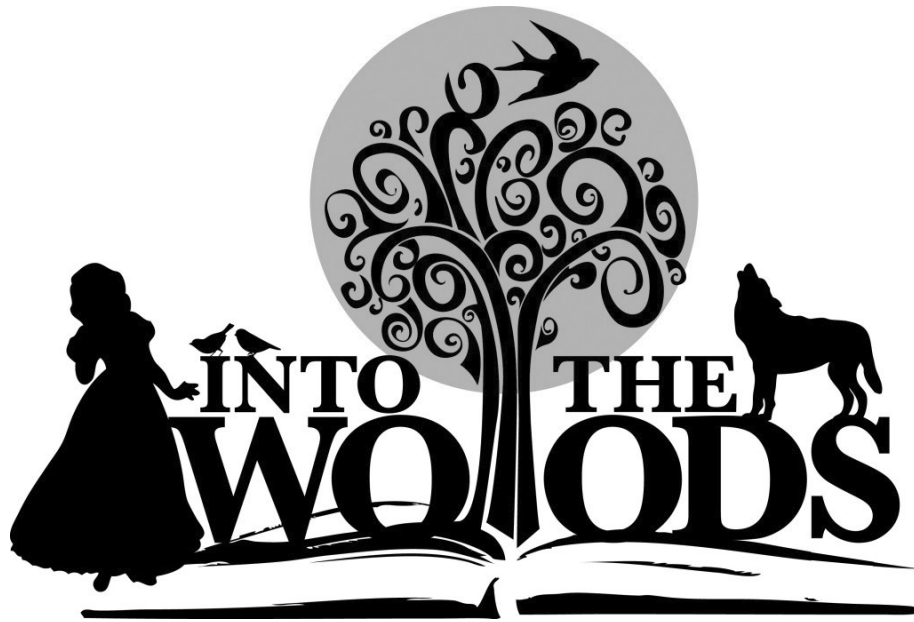
Elizabeth Anne DiPippo is a certified spiritual counselor and has been doing private spiritual counseling and retreat ministry for over 20 years. She does retreat ministry and other spiritual programs at Linwood Spiritual Center in Rhinebeck, NY.

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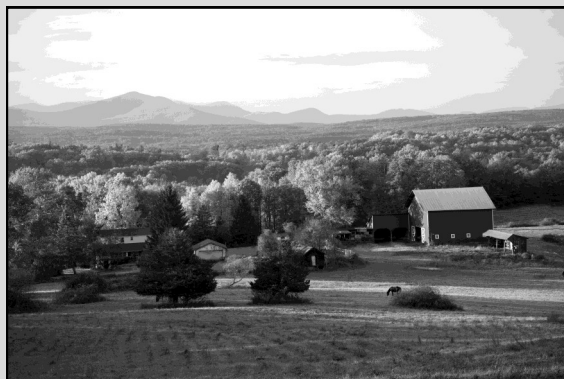
### **SEASON TICKET Part 1: *INTO THE WOODS***

Presenter: Jessica Rothman  
September 12, September 26, October 3, October 24,  
November 15  
At 3:30 PM, SUNY Campus

Experience live theatre from behind the scenes through performance. Explore production elements of a main stage production at SUNY New Paltz. Guided by a veteran theatre educator, meet with production teams and actors, explore themes and issues, observe the rehearsal process and attend a performance with talk back with the cast afterwards. This will be followed by a post-performance discussion on another day. Dates and times: 9/12 ( 3:30-4:45) Guided tour of the Theater. 9/26 (3:30-4:45) Orientation. 10/3 Rehearsal 1 (6:30 -8:30) McKenna Theater. 10/24 Rehearsal 2 (6:30-8:30) McKenna Theater. 11/15 Performance and Talk-back (7:30- 10:30) McKenna Theater. \$10 Student discount ticket to attend the play.

Jessica Rothman has been a theatre educator and director of both Shakespeare and Musical Theatre for four decades and has created curriculum guides for Broadway shows. She is a past NYS Director of the International Thespian society and a member of SAG/AFTRA.

**ON THE COVER**



***Barn in the Fall,  
High Falls, NY***  
**By Jim Smith**



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